



STRONG KIDS, STRONG FAMILIES, READY FOR THE FUTURE

Drug Education for Youth (DEFY) is a year-long, command sponsored drug demand reduction and comprehensive life skills program designed for 9-12 year olds. DEFY aims to strengthen youth resiliency and family bonds by using a science-based curriculum that provides the foundation for youth to learn goal setting, leadership and teamwork, self-esteem enhancement, and many other life skills. Local DEFY programs begin with a five-day residential or eight-day non-residential leadership program called Phase I that is held during the summer. During Phase I, youth receive education on valuable life skills such as substance abuse prevention, social skills, self-management skills, and fitness.

During Phase I DEFY youth participate in classroom learning that covers:

- Goal setting
- Leadership and teamwork
- Physical fitness
- Substance abuse prevention and refusal skills
- Self-esteem enhancement

Phase II is designed to reinforce the concepts and training received in Phase I. During the school year, mentors and staff provide positive support during group mentoring sessions and interactive workshops. DEFY sites also participate in activities that promote civic responsibility and expose DEFY kids to vocational and recreational opportunities. Parents must understand the DEFY program requires a year-long commitment to allow for the full benefit to their children.

Families with 9-12 year olds are highly encouraged to enroll youth in local programs. A recent report on a program evaluation of DEFY showed that about 75 percent of parents surveyed saw improved youth life skill development and about 67 percent saw improvement in their child's ability to avoid substance abuse and negative behaviors. **For more information visit**
http://www.npc.navy.mil/support/21st_century_sailor/nadap/defy



"I have kids and parents who to this day still let me know how our job helped their child's confidence and ability to make the right decisions when they were exposed to drugs. It's rewarding to know our job helps shape their future."

-- HM2 Mirna Morales, a five year DEFY mentor and volunteer

"I think it is a great program for the children, because they're learning respect and safe ways of saying no or what to do in situations where there are bullying and drugs,"

-- Carmen O., parent

**Call (901) 874-3300 to
locate a program near
you or find us on
Facebook at
www.facebook.com/HQDEFYDEFY**